

# SEL + Program Map

Use this template to consider how your program sequence supports social and emotional skill development. A SEL + Program Map can be used to identify natural opportunities throughout your program to intentionally support social and emotional learning.

## Why This Matters

- Youth programs are ideally suited to support social and emotional learning alongside other program activities. Programs that are intentional about supporting social and emotional skill development are able to articulate how their program activities support specific social and emotional skills.
- Visual tools help communicate with staff, families, and stakeholders how the program design supports SEL.

## Getting Started

- Programs of any length can be designed to support SEL. The SEL + Program Map is flexible and can describe any length of time, as long as there is a clear beginning and end. For example, a drop-in homework help program will likely have the same adults and youth for a few hours on any given day, even though the adults and youth will vary from session to session. This program's map would encompass a single homework help session—beginning with the check-in procedure, ending with the check-out practice. Alternatively, the SEL + Program Map of a middle school support group that meets weekly during the school year could cover nine months.
- This template is best completed with a small group of people familiar with your program.
- Make your own version of the template if you need to include more than four key experiences.
- Time: at least 60 minutes

## How To Use It

- 1) Use the conversation starters below to fill in the template.
  - What is the primary content of your program? How would youth describe what they do in your program (e.g., leadership skills, science projects, art classes, homework help, service projects)?
  - What are the key activities or experiences that make up your primary program content? How do you usually start your program cycle? What is the next key activity? And next? How does the program cycle usually end?

*Example of key activities for a drop-in homework program:* Check-in, homework assistance, snack, gym time, check-out

*Example of key activities for a year-long leadership development program:* Team retreat (September), Service project planning (October-November), Implement projects (December-April), Project Showcase (May)

- 2) For each key activity, consider what SEL skills youth have the opportunity to practice. Another way to think about it is to consider what SEL skills youth need to be successful in each key activity or experience. Write the primary skills below the corresponding activity. You will likely have multiple skills for each activity and some skills may repeat throughout your program cycle. Refer to the [SEL Skill Bank](#) if you need examples of specific skills.
- 3) Identify areas of strength
  - Which key experiences are most intentionally designed to support aligned SEL skills?
  - When are youth most successfully developing SEL skills in the program?
- 4) Identify areas of growth
  - How can key experiences be modified to increase intentional support of social and emotional learning?

## SEL + Program Map

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### Take It Further

- Explore different visual shapes to describe your program cycle. Get creative with your map. SEL + Program maps do not have to be sequential or linear.
- Attend the 6-hour *[Mapping SEL in Youth Programs](#)* workshop offered by the University of Minnesota Extension Center for Youth Development. Participants have the opportunity to develop in-depth maps to describe how their programs support social and emotional learning. Participants walk away with visual tools to use for program development, staff training, and communication with funders.

## Tool: SEL Skill Bank

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Self-awareness  
Self-regulation  
Self-control  
Emotional competence  
Emotional intelligence  
Emotion management  
Coping  
Social awareness  
Relationship skills  
Social skills  
Empathy  
Teamwork  
Connection  
Cooperation  
Collaboration  
Communication skills  
Active listening  
Conflict resolution  
Getting along with others  
Understanding others' feelings  
Accepting others  
Self-confidence  
Self-efficacy  
Self-reliance  
Responsible decision-making

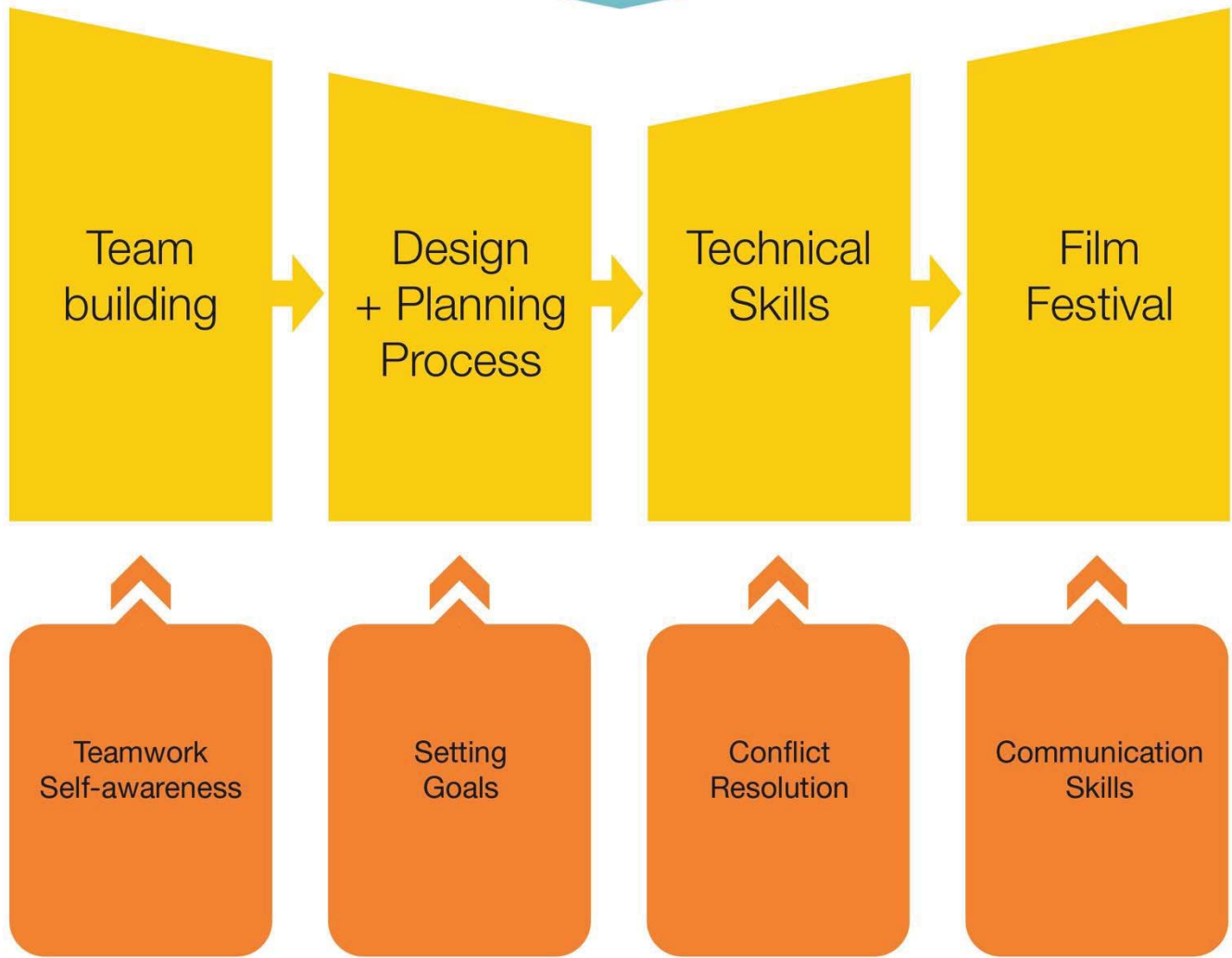
Grit  
Perseverance  
Persistence  
Tenacity  
Leadership  
Autonomy  
Advocacy  
Attention  
Critical thinking  
Goal setting  
Time management  
Planning for success  
Resilience  
Problem solving  
Focus  
Drive  
Assertiveness  
Motivation  
Initiative  
Responsibility  
Determination  
Agency  
Flexibility  
Contribution  
Strategic Thinking

Note: This is not a complete list of skills — just common ones intended to spark your thinking.

## Example: SEL + Program Map

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# Youth-designed films



# Tool: SEL + Program Map

